

Phone (530) 694-1816

"Imua" (Hawaiian)  
Pronounced: ee mooh ah

To move forward with strength, purpose or momentum.

To continue moving forward, to continue moving forward beyond obstacles.



Aloha Alpine County Family! Have you been daydreaming about being somewhere else recently? Let's go to Hawaii! Well, not literally, but in this issue of "Let's Connect", we'll be traveling our wellness path with the wisdom and aloha spirit of the islands. So, put on your shades and join us for some Hawaiian style self-care, recipes, legend, trivia, words, history, coloring and fun advice for life!

ADVICE FROM A UKULELE...

- \*PLAY WELL WITH OTHERS
- \*PICK YOUR FRIENDS WISELY
- \*MAKE EACH DAY AN ALOHA DAY
- \*FOLLOW YOUR INNER SONG
- \*KEEP STRUMMIN' THRU LIFE
- \*DON'T FRET THE SMALL STUFF
- \*UKE CAN DO IT!



Haleakala (Ha Lay ah ka la) Maui  
House of the Sun  
Haleakala is named for a famous Polynesian & is a sacred place of the gods. The sunrise is the most beautiful on Maui.

# How to Make Coconut Rice

Coconut rice is rich and creamy with a subtle tropical flavor that instantly upgrades stir fries, rice bowls, and curries. Serve it as a side with chicken or fish too.

Cook Time 15 minutes

Yield 6 servings

## Ingredients

- 1 1/2 cups uncooked jasmine rice
- 15- ounce can of unsweetened full fat coconut milk you can use the lite version
- 3/4 cup water
- 1 tsp sugar
- 1/4 tsp salt more to taste

## Instructions

- Put all the ingredients in a heavy bottom saucepan and give it a good stir. Heat to a boil over medium high heat, stirring often to prevent the rice from sticking to the bottom of the pan.
- Once the rice comes to a boil, give it a final stir, turn the heat to very low, cover, and let cook for 15 minutes.
- Fluff, and serve





# Hawaiian Pineapple Chicken Kabobs

## Ingredients

- 2 pounds skinless, boneless chicken thighs Cut into 1 inch pieces
- 1 [red bell pepper](#) Cut into 1 inch pieces
- 1 green bell pepper Cut into 1 inch pieces
- 1 red onion Cut into 1 inch pieces
- 3 cups diced pineapple
- 1 tbsp olive oil

## For the Pineapple Teriyaki Sauce

- 1/4 cup [rice vinegar](#)
- 1/2 cup [low sodium soy sauce](#)
- 1/2 cup pineapple juice
- 1/4 cup brown sugar
- 1 tbsp fresh grated ginger
- 4 cloves garlic
- 1 tsp [Chili garlic sauce](#)
- 1 tbsp [Toasted sesame oil](#)
- 4 [garlic cloves](#)

## Instructions

1. Whisk together ingredients for pineapple teriyaki sauce. Reserve half of the sauce. Pour the other half of the sauce over the chicken, marinate the chicken for 30 minutes or longer.
2. If you are using wooden skewers, soak them in water for 30 minutes before using them so that they don't burn on the grill.
3. Toss the bell pepper and onion in olive oil, salt and pepper.
4. Thread the chicken, vegetables and pineapple onto the skewers in an alternating pattern. Be sure to leave a little space between each piece so they can cook evenly.
5. Grill over high heat, 6-8 minutes per side, until chicken is cooked through. While cooking brush with the reserved pineapple teriyaki sauce.

## Nutrition

Serving: 4servings | Calories: 488kcal | Carbohydrates: 45g | Protein: 47g | Fat: 13g | Saturated Fat: 3g | Cholesterol: 215mg | Sodium: 1336mg | Potassium: 984mg | Fiber: 4g | Sugar: 32g | Vitamin A: 1170IU | Vitamin C: 128mg | Calcium: 77mg | Iron: 3.4mg

# 6 Hawaiian Traditions You Should Try for Self Care

by Leialoha | Jul 15, 2019 | Blog, Mental Health, Self Care, Wellness | 0 comments

Hawaiian self care seems self explanatory, especially if you live in Hawaii or get to travel to Hawaii often. With the free access to beaches, the delicious food, and the aloha spirit abounding, Hawaiian self care in Hawaii seems like an easy task. However, for the majority of people, with all the bustle, stress, and busy-ness of everyday life, it's easy to get overwhelmed and burnt out.

This is a huge reason that a lot of people visit Hawaii. They want to "take a break" from the daily grind and refresh. But what if going to Hawaii just isn't the option at the moment? What if you could experience something a little more Hawaiian *and* practice self care at the same time?

If you need to take a break and want to experience just a bit of paradise, here are some Hawaiian traditions you need to try for self care!

## Lomi lomi

Lomi lomi is the Hawaiian way of massage, where you basically use your fingers and hands to tenderly massage and relax the muscles. Lomi loom does not include hand chopping or intensity. Lomi lomi encourages a sense of aloha for yourself and your body. Giving lomi lomi to your special someone (or receiving it) is also a wonderful way to build lokahi, unity, in your relationship.

## Cooking food

Hawaiians LOVE food, and what better way to refresh and relax than cooking up a good meal? Try something new or make one of your favorite meals. Healthy and whole foods are another great way to take care of yourself.

## Talking Stories

In Hawaii, people relax and rejuvenate by talking stories. Is there someone you enjoy talking to, who you can just laugh and share your stories with? Whether that person is a family member, a friend, or even an acquaintance, "talking stories" is a great way to unwind.

## Kanikapila

Is music your jam? Kanikapila involves a group of people bringing their fav instruments (usually the portable ones like guitars and ukuleles) and having a jam sesh. Even if you're not the greatest singer, or you're learning an instrument, kanikapila with good friends can unload a ton of stress.

# Listen to the sounds of nature

Hawaii is known for the beautiful natural sites, like waterfalls, white sandy shorelines, and lush green mountains. Perhaps you don't have all of these luxuries where you live, but just going out and spending time listening to the sounds of nature can soothe the wearied soul.

# Take time for spirituality

Hawaiians are a very spiritual people, looking to a higher source for wisdom and support. Take a moment to reflect on the blessings in your life. [Living mahalo](#) can increase stamina and overall health.

*Shaka Brah*



*Hang Loose*



*"You can't stop the waves, but you can learn to surf"*

Check these out for fun:

[https://www.youtube.com/watch?v=zJS\\_C4504ak&t=92s](https://www.youtube.com/watch?v=zJS_C4504ak&t=92s) Disconnect meditation using Ho'oponopono

<https://www.youtube.com/watch?v=BvAasSd94OU&t=293s> Classic Hawaiian Music

<https://www.youtube.com/watch?v=V1bFr2SWP1I> Somewhere Over the Rainbow

## eDid You KNOW?

#41

The Hawaiian  
alphabet has  
12 letters.

A, E, I, O, U,  
H, K, L, M, N,  
P, W



eDidYouKnow.com

## Pledge of Aloha

I believe that every person has a role in society,  
and deserves to be included and treated with  
respect in their family, school, and community.

I believe that every person should be free to  
express what is truly in their heart and mind,  
whether male, female, or in the middle.

I believe that every person should be able to  
practice their cultural traditions, and to  
know and perpetuate the wisdom of  
their ancestors for future generations.

I believe these values are embodied in aloha:  
love, honor and respect for all.

Therefore, I pledge to live aloha in everything I do,  
and to inspire people of all ages to do the same.

## Ho'oponopono (to make right)

This ancient Hawaiian practice has been used by  
the Kahuna (mystic healers) for centuries.

1. Close your eyes and imagine anyone you would  
like to heal your relationship with, or any memory  
that you find troubling.

2. Repeat these 4 phrases with prayerful intention:

- *I am sorry*
- *Thank you*
- *Please forgive me*
- *I love you*

motivatingmemes.net

# YOGA

Behavioral Health Services is offering

4: 1 hour Zoom yoga classes weekly

Monday & Wednesday 9-10am

Tuesday & Thursday 5:30-6:30pm

To receive the link to the classes, use links below or call our office at 530-694-1816, provide your email address.

**Tuesday & Thursday 5:30-6:30pm Brent Grueter**

<https://zoom.us/j/933349130989?pwd=SHNFb0NEMGprZVZDRG8yRFoyRUUvdz09>

or dial 1-669-900-9128, enter 933 4913 0989, press #

**Monday & Wednesday 9:00-10:00am Alex Mannos**

<https://zoom.us/j/92366446965?pwd=c3VsNXcxSEZWb1lrQW50VXd6ajkxdz09>

or dial 1-669-900-9128, enter 923 6644 6965, press #

## Virtual CREATE THE GOOD Kick-off August 2020

Wednesday August 12 at 5pm and Friday August 14 at noon "Food as Medicine"



Friday August 21 at noon "Increasing Connectedness"

Zoom with BHS for Create the Good  
<https://zoom.us/j/988878191602?pwd=d0tsTS9GaGhzYUhuSFJoY3cvclNSQT09>  
or call 1-669-900-9128, enter: 988 8781 9160 and press #  
Questions or more information call 530.694.1816



Wednesday August 26 at 5pm and Friday August 28 at noon "Mindfulness and Flow"

SAVE THE DATE

## 50+ Club ZOOM

Thursday August 13, 2020 at 12pm

**Meet & Greet Director Becky DeForest & Virtual Tour of  
Alpine County Chamber of Commerce**

Zoom Link for all 50+ Gatherings:

<https://zoom.us/j/95144835750?pwd=YmVoUW9nT1RUZ2EvTXNya0hNaURxdz09>

or dial in 1-669- 900-9128, enter 951 4483 5750, press #

### *Other Resources for Mental Health Help:*

National Suicide Prevention Lifeline: Call 1-800-273-TALK (8255) for free 24/7 support

Crisis Text Line: Text MHFA to 741741 for free 24/7 crisis counseling

Lifeline Crisis Chat: Visit [crisischat.org](http://crisischat.org) to talk online with crisis centers around the United States

The Trevor Project: Call 866-488-7386 or text "START" to 678678 for mental health support specialized for the LGBTQI community

Answers to July 29th puzzles:

1. Possible answers include *miniature*, *miniscule*, *microscopic*, *inconsequential*, and others.
2. A) dose, does B) blisters, bristles
3. A) serials – cereals B) waste – waist
4. White
5. I need to take a long nap.
6. eight, eighteen, four, fourteen, six, sixteen, ten, twelve, twenty, two
7. marines, remains, seminar
8. The words *embarrass* and *epilogue* are spelled correctly. The remaining words, when corrected are *endeavor*, *exaggerate*, and *extraneous*.
9. Have a good day.
10. Possible answers: Fabulous Irons, Refrigerators, Stoves and Tables; Factories Incorporated for Real Skills and Trades; and many others.

# Hawaiian Luau Trivia



Name \_\_\_\_\_

Correct Answers \_\_\_\_\_

1. What is the name of the Hawaiian King that threw the first Hawaii Luau in 1818?

- A. Liliuokalani
- B. Kamehameha II
- C. Lunailo
- D. Kalikau

2. At the Luau celebration you can enjoy delicious food, which of the following dishes is not part of a Luau?

- A. Kālua Pork
- B. Lomilomi Salmon
- C. A'alo
- D. Poi

3. Before the first Luau Hawaiians called their important feasts an \_\_\_\_\_.

- A. 'aha'aina
- B. 'awa
- C. Akamai
- D. Humuhumunukunukuāpua'a

4. What is the main reason for the face tattoos of the Hula dancers?

- A. For decoration
- B. Hawaiian Island symbol
- C. Genealogy and personal identity
- D. Luau school logo

5. At important feasts, female and male guests were forbidden to do one of the following, before the first luau.

- A. Dance at the luau
- B. Eat in the same room
- C. Sit next to each other
- D. Look to each other

6. Name of the plant that are used to prepare Luau dishes from its leaves and root.

- A. Colocasia
- B. Taro
- C. Eddoe
- D. Chembu

7. Wreath of flowers presented upon arriving or leaving Hawaii.

- A. Haku
- B. Hilo
- C. Kul
- D. Lei

8. When the ancient Hawaiian kapu (taboo) system was abolished, women and commoners were allowed to drink what type of forbidden milk?

- A. Cow milk
- B. Coconut milk
- C. Soy milk
- D. Goat milk

9. Bamboo pipe that the Hula dancers use to strike against the ground.

- A. Ka'eke'eke
- B. Papa Hehi
- C. Ukūkū
- D. Hano

10. What is the name of the underground oven where the Kālua pork is prepared?

- A. Umu
- B. Imu
- C. Pachamanca
- D. Hāngi

11. What type of dance is not part of a Hawaiian Luau?

- A. Fire-Knife Dance
- B. Tinkling
- C. Hula Dance
- D. Fire Poi Ball Dance

12. A small Hawaiian guitar-like instrument with four strings.

- A. Banjo'ele
- B. Kutiyapi
- C. Guitro
- D. Ukulele

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Hawaiian Luau Word Search



X H K B P I J F K E Q H T Q G U I X U I I M  
N Q W Y O B L I K N R F L J F D A T N W M K  
Y Z H U I E R R Q T A Z R E O S B K J X O U  
N D E P C C C E S E R B I Y O Q A A T T X K  
S E Y I S W W P V R J L F B D A L M Z I B S  
B M J N W X G O F T B U H E K D O E H T K P  
T N D E K R Z I F A A A G F A A H H M A L I  
K Z R A Q V N B H I N U I U I S A A A R I N  
A U I P T U Z A Z N C O C O N U T M X O I V  
L K L P X R K L O M P W T D G S V E F L E O  
U U U L C L A L B E W H P I W F O H L E S H  
A L K E N H L D L N O R G J H U L A O A Q D  
P E G N R T K I I T R R B G Q W F I W F V D  
O L Y L Y J R B M T G K X Q B U N I E N K Y  
R E U E C B C B B F I F G U P P Z Q R J N P  
K U Y I R T T A O S A O C A I X O M S M A R  
C H A W A I I Z N E S F N F I R E K N I F E  
K A E K E E K E Y D A N C E Y P C X H B M O

TIKI

COCONUT

TARO LEAF

ALOHA

PINEAPPLE

FIRE-KNIFE

FOOD

HULA

KAMEHAMEHA II

POI

KA'EKE'EKE

TRADITION

UKULELE

LUAU

FLOWERS

FIRE POI BALL

IMU

LEI

ENTERTAINMENT

KALUA PORK

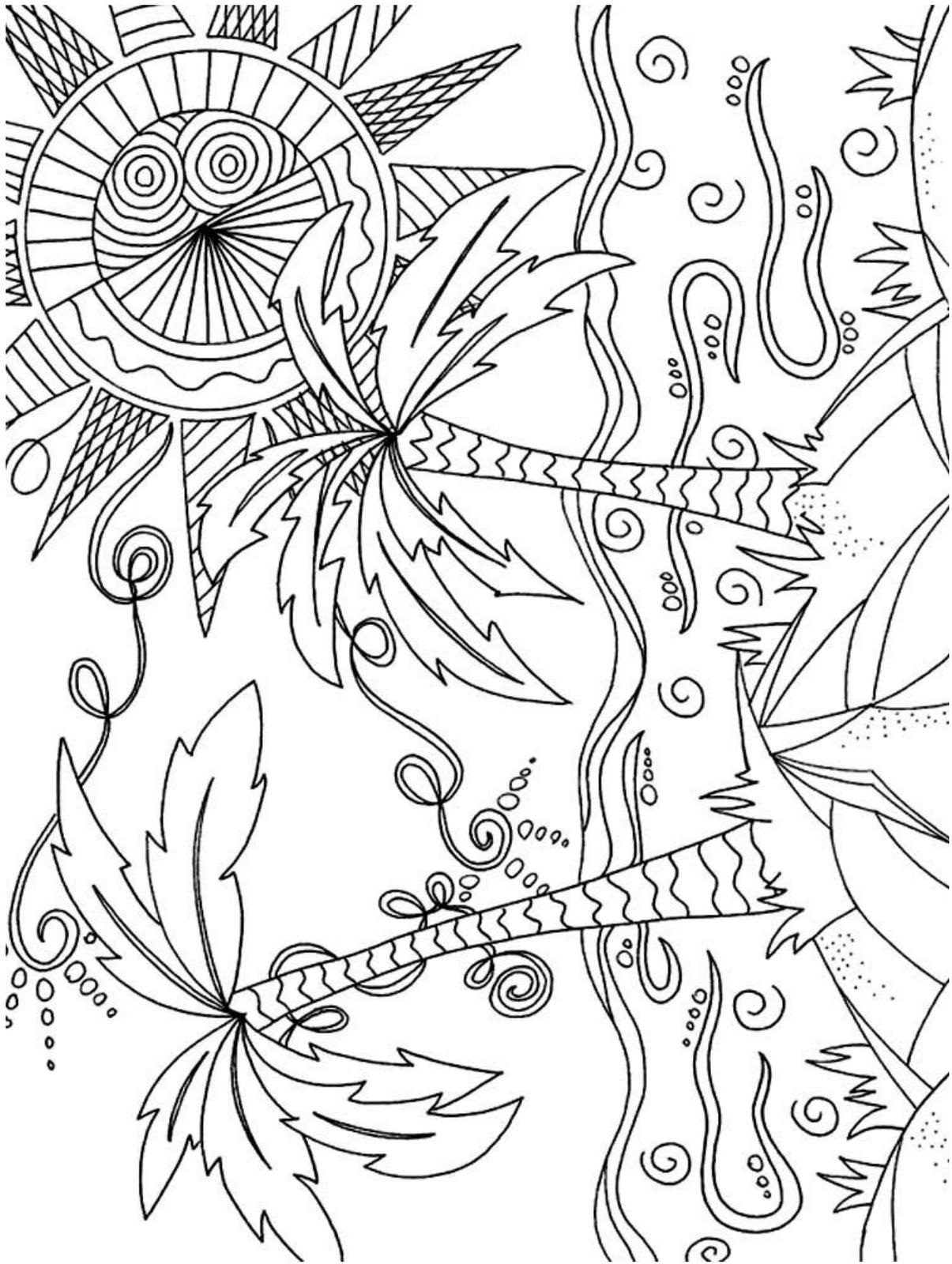
DANCE

LIMBO

HAWAII

FEAST





# Together We Thrive

People thrive when they feel socially connected. Humans instinctively seek out others for acceptance, companionship, and comfort when faced with challenges. The ability to lean on one another during difficult times and bond over shared experiences is what gives our lives meaning.

While Alpine County can serve as an oasis from the chaos of major cities, its sparse population and remoteness can make it difficult for people, especially older adults, to stay socially connected. When combined with sheltering in place and social distancing precautions due to COVID-19, people are more isolated than ever. Normal routines, structures that provide psychological safety to most, have been interrupted, and people are struggling to adapt to a new reality full of uncertainty. This upheaval has taken a heavy toll on mental health as people of all ages are overwhelmed by feelings of anxiety- fueled by a multitude of stressors and fears, sadness, loneliness, anger, and boredom.

When prolonged, anxiety can lead to disruption in eating and sleeping patterns, exacerbate existing mental conditions like depression, lead to increased substance use, and negatively impact physical health i.e. high blood pressure. Older adults, who are housebound, live alone, and have limited social contact with others, are at serious risk of experiencing chronic loneliness.

Alpine County Behavioral Health wants to reassure you that you are not alone and that we are here to help. Residents can call (530) 694-1816 to schedule an appointment with a clinician to obtain support and gain access to psychotherapy, psychiatry, and alcohol and drug counseling.

Wellness programs are available for everyone and include Create the Good on Zoom every Friday 12-1pm and on the second and fourth Wednesday of the month from 5-6pm. Yoga classes can be accessed on Zoom every Monday and Wednesday from 9-10am and every Tuesday and Thursday from 5:30-6:30pm.

Additional tips to maintain physical and mental wellness include good nutrition, daily physical activity, quality sleep, meditation, the practice of gratitude, leaning into spiritual beliefs for comfort, engaging in fun hobbies, spending time in nature and with animals, helping others and socializing safely with loved ones on a regular basis.

Weekly coffee dates or game nights with friends and family over Zoom is a great way to have fun and stay connected. While traveling for many is on hold, people can access virtual tours of museums and national parks all over the world. For older adults who are not connected to the internet, youth can make an elder's day by calling them on the phone or sending a postcard. Older adults can also call the Friendship Line at 1-888-760-1360 to connect with a caring person for a friendly chat who can also conduct check-in calls throughout the week when requested. Alone, we are vulnerable to slipping into despair, but together we will stay strong and well.

**“Ohana means family and family means no one gets left behind or forgotten.” Lilo & Stitch**

